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Unit 2 Food and Health

skills book

UNIT

2

Food and Health

Reading and Understanding

1 Read and answer.

Read the texts on page 15 of your Classbook and answer the questions below.

- 1 What helps keep your bones strong? **Calcium**
- 2 What kinds of food contain 'healthy fats'? **Fish and oil**
- 3 How many servings of fruit and vegetables should you eat a day? **5-7 servings**
- 4 Which two kinds of food give us energy? **Protein and carbohydrates**
- 5 Which foods contain protein? **Meat, fish, eggs, nuts and dairy products**

2 Read and complete.

A food pyramid shows how much food from each food group you should eat every day to stay healthy. Use the information from the texts on page 15 of your Classbook to complete the pyramid.

The healthy eating pyramid

Eat very little

Fats and sugars

1. butter, oil, cakes and sweets.

2-3 servings

Dairy

2. a picture of cheese, milk and yoghurt.

Protein

cheese, milk, yoghurt meat, fish, eggs, beans, nuts, chicken

3. 3-5 (servings)

4. Carbohydrates

servings

bread, rice, cereal, grains, pasta

5-7 servings

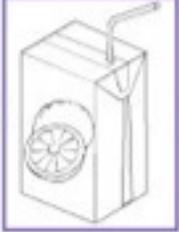
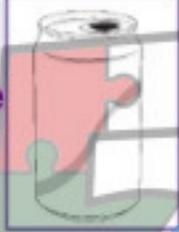
Fruits and vegetables

5. apple, grapes, cherry, lemon, strawberry, pear, mushroom, pepper, broccoli, carrot, radish

Working with Words

3 Read and match.

Match the pictures to the phrases.

1		4	
	a bottle of water		a bag of crisps
2		5	
	a tin of peas		a jar of honey
3			
	a carton of orange juice		a can of cola...

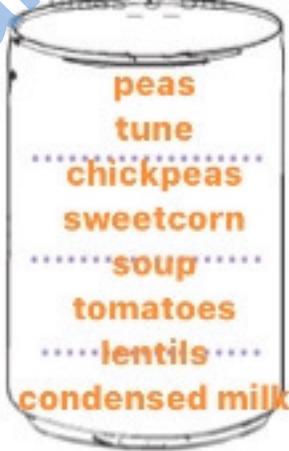
a can of cola
a bag of crisps
a tin of peas
a bottle of water
a carton of orange juice
a jar of honey

4 Think and write.

Think of more types of food for each container.



water
.....
milk
lemonade
.....
cola
.....
juice



peas
tune
.....
chickpeas
sweetcorn
.....
soup
.....
tomatoes
.....
lentils
.....
condensed milk



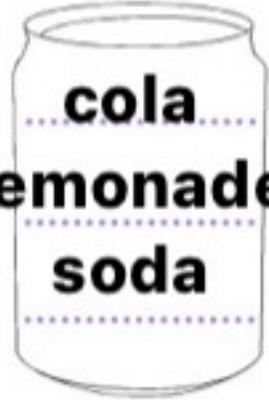
orange juice
.....
apple juice
.....
grapes juice
.....
pineapple juice
.....
Milk coconut water



crisps
.....
rice
.....
pasta
.....
lentils
.....
sugar



honey
.....
olive
.....
jam
.....
coffee
.....
cream cheese



cola
.....
lemonade
.....
soda

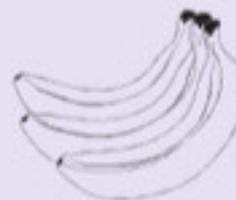
Grammar

Let's Look at Grammar

Countable and Uncountable Nouns

Nouns we **can count** are called **countable nouns**. For example:

I like **bananas**. Are bananas good for you? Yes, they are.



Nouns we **cannot count** are called **uncountable nouns**. For example:

I like **water**. Is water good for you? Yes, it is.



1 Read and sort.

Look at these food and drink words. Sort them into countable and uncountable. Write the plural of the countable words.

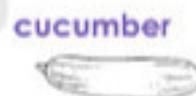
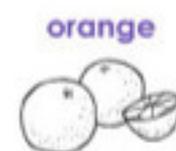
Countable

Uncountable



.....**carrots**.....
**bananas**.....
**tomatoes**.....
**apples**.....
**cucumbers**.....

.....**rice**.....
**tea**.....
**beef**.....
**water**.....
**cheese**.....
**butter**.....



2 Think and complete.

Look at these two sentences. Complete them using the words **can** and **can't**.

Nouns we **can** count are called countable nouns.

Nouns we **can't** count are called uncountable nouns.

3 Read and match.



- 1 Is sugar good for you?
- 2 Are oranges good for you?
- 3 Is ice-cream good for you?
- 4 Are sweets good for you?
- 5 Is spinach good for you?

Read these questions about food and match the questions to the answers.

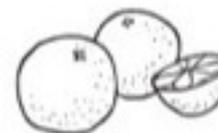
2 Yes, they are.



1 No, it isn't.



5 Yes, it is.



3 No, it isn't.



4 No, they aren't.

4 Think and write.

Look at these pictures of food. Write questions and answers about each one.

Example:

1



Are carrots good for you?

Yes, they are.

2



Is chicken good for you?

Yes, it is.

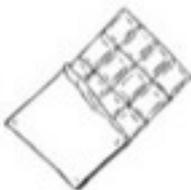
3



Is sugar good for you?

No, it isn't.

4



Is chocolate good for you?

No, it isn't.

5



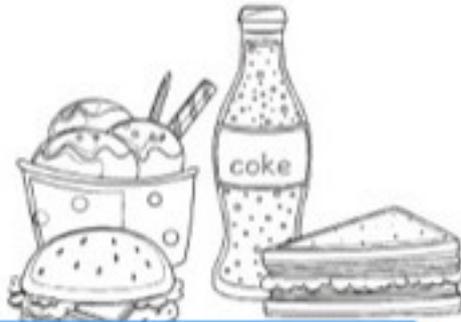
Are apples good for you?

Yes, they are.

Listening and Speaking

1 Discuss.

This is Kareem. What kind of food does he like?
Do you think he has a healthy diet?



- Kareem likes foods like chocolate, cake, burger, fries, sweets and cola.

- His diet does not look very healthy or balanced

2 Listen and complete.

Listen to Kareem taking the Healthy Eating Quiz.
Circle his answers.

Do you ...		Yes	Sometimes	No
1	eat at least two servings of cheese, milk or yoghurt every day?	2	1	0
2	eat two or more servings of fruit every day?	2	1	0
3	eat three or more servings of vegetables every day?	2	1	0
4	eat three or more servings of bread, cereal, rice or pasta every day?	2	1	0
5	eat two or more servings from the meat, fish, beans, eggs and nut group every day?	2	1	0
6	eat more than one serving from the fat and sugar group every day?	0	1	2

What is Kareem's score? **Kareem's scores is 4**

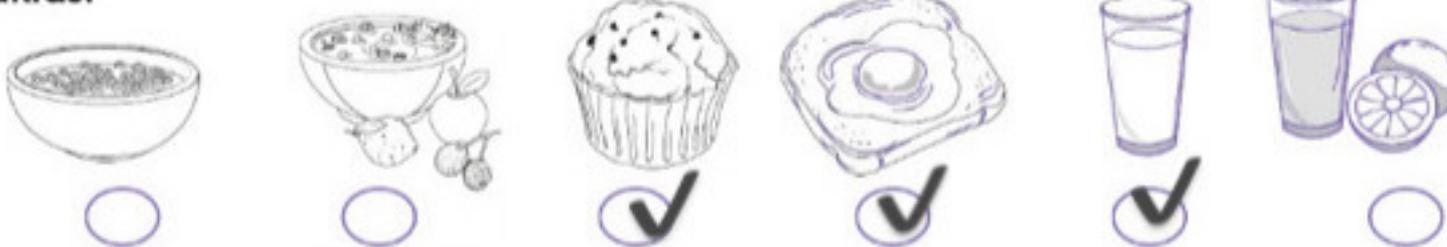
Look at page 19 in your classbook. How healthy is his diet?

This means he has a very unhealthy diet

3 Listen and tick.

Listen to Kareem talking about his food diary for Monday. Tick the items he ate for each meal.

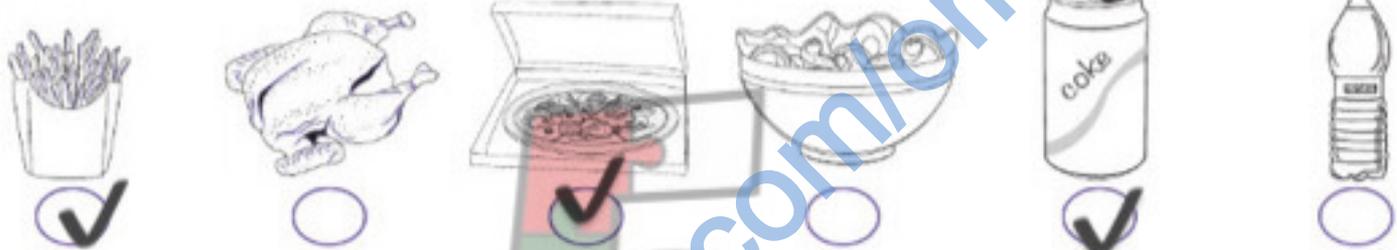
Breakfast



Lunch



Dinner

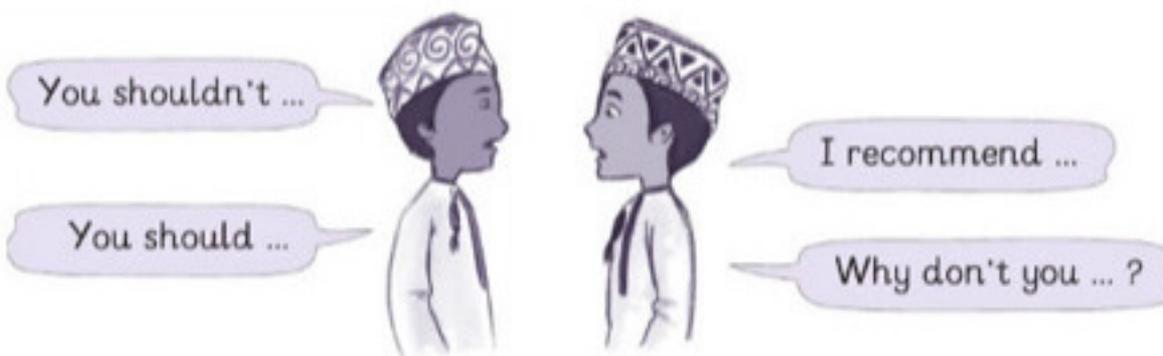


Snacks



4 Discuss.

Work in groups. Take turns picking up and reading the statement cards. Give each other advice using the useful language below.



5 Present.

Present your own tip for healthy eating to the class.

Writing

1 Discuss.

Here is Kareem's food diary for Wednesday to Saturday. Talk about what he ate with a partner.

Day	Breakfast	Lunch	Dinner	Snacks
Wednesday	A fruit salad and a glass of milk.	Chicken, broccoll and carrots.	Fish, rice and salad and a glass	Two apples.
Thursday			and an orange.	A packet of crisps.
Friday	ey, and a glass of orange juice.	lettuce, cucumber and tomatoes.	pizza and a can of cola.	
Saturday	Eggs and beans, and a glass of milk.	A cheese sandwich and an apple.	Meat and rice, and salad.	An apple and a packet of nuts.

- What did Kareem eat for breakfast on Wednesday?

- What did Kareem eat for lunch on Thursday?

- How many servings of fruit did Kareem eat on Wednesday?

- Did Kareem eat any unhealthy food this week?

2 Order and write.

Kareem has written about his food diary, but his sentences are in the wrong order.

Write the sentences in the correct order.

class_5_om

1 Wednesday, / ate / a glass of milk. / For / on / a fruit salad / breakfast / I / and /
For breakfast on Wednesday I ate a fruit salad and a glass of milk.

2 For / apple. / lunch / and / on / a cheese sandwich / I / Saturday, / ate / an /
For lunch on Saturday, I ate a cheese sandwich and an apple.

3 I / Thursday, / four / fruit. / On / servings / of / ate /

On Thursday, I ate four servings of fruit.

4 healthy / like / I / snacks / fruit / ate / nuts. / and /

I ate healthy snacks like fruit and nuts.

5 Friday, / On / not / healthy / did / eat / food. / I /

On Friday, I did not eat healthy food.

3 Write.

Complete the sentences about Sheikha's food diary, then write two more sentences of your own.



My Food Diary

Day	Breakfast	Lunch	Dinner	Snacks
Sunday	Oats and milk, and a glass of orange juice.	A cheese sandwich and a packet of crisps.	Spicy beef and rice, and an ice cream.	Two biscuits.
Monday	Eggs on brown toast and an orange.	A tuna salad with lettuce, tomatoes and olives.	Fish and vegetables.	An apple and some nuts.
Tuesday	Cereal and milk, and a cup of hot chocolate.	Vegetable soup and an apple.	Chicken with potatoes and salad.	A pot of yoghurt.

- Last week, Sheikha's diet was **healthy**.....
- For breakfast on **Monday** class 5 om, she ate **eggs on brown toast and on orange**.....
- For dinner on **Tuesday**....., she ate **chicken with potatoes and salad**.....
- She ate **four**..... servings of vegetables last week.
- She ate **five**..... servings of **protein**..... last week.
- She ate snacks like **apples and nuts**.....
- For lunch on Thursday, she ate vegetables soup and on apple**.....
- She ate snacks like yoghurt on Tuesday**.....

4 Write.

Write a paragraph describing your food diary and diet.

Working with Sounds

1 Listen and number.

Listen to the words on the tape.

Write the number of each word next to the matching picture.



1



3



7



2

4

3

8



6



5

Words that are spelt differently can sound the same.

2 Sort and write.

Read these words and sort them into two groups. Write the words in the pictures below.

tea

knee

tree

tree

three

three

bee

bee

pea

knee

ee

three

sea

tea

pea

pea

sea

sea

flea

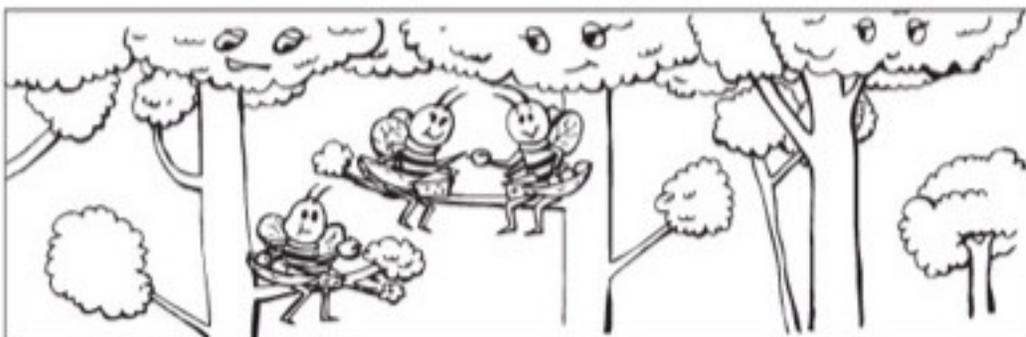
flea

bee

ea

3 Say the tongue twister.

Three bees in some trees eating cheese and peas on their knees.



Grammar

1 Read and complete.

- 1 Is water bad for you?
- 2 ...**Are**... oranges good for you?
- 3 ...**Is**... ice cream good for you?
- 4 ...**Are**... sweets bad for you?
- 5 ...**Are**... apples bad for you?
- 6 ...**Is**... fish good for you?
- 7 ...**Are**... carrots good for you?
- 8 ...**Is**... spinach bad for you?

Complete each question with 'is' or 'are', and each answer with 'it is/isn't' or 'they are/aren't'.

- No, it isn't.
- Yes, ...**they are**
- No, ...**it isn't**..
- Yes, ...**they are**
- No, ...**they aren't**
- Yes, ...**it is**.....
- Yes, ...**they are**
- No, ...**it isn't**..

Score

Vocabulary

2 Read and circle.

- | | | | | | |
|---|-------------------|---------------|----------------|------------------|----------------|
| 1 | rice | pasta | cereal | bread | <u>oranges</u> |
| 2 | potatoes | carrots | chocolate | onions | cabbages |
| 3 | apple | date | banana | cheese | orange |
| 4 | yoghurt | <u>bread</u> | cheese | <u>milk</u> | ice cream |
| 5 | <u>strawberry</u> | egg | fish | beef | chicken |
| 6 | <u>salad</u> | chocolate | <u>burgers</u> | <u>5_ompizza</u> | sweets |
| 7 | butter | <u>apples</u> | water | rice | beef |
| 8 | tomatoes | carrots | sweets | potatoes | <u>ch</u> |

Circle the odd word out give your reason.

Reason

Not a carbohydrate

2. not a vegetable

3. not a fruit

4. not dairy

5. not protein

6. it is healthy, the other foods are unhealthy

7. a countable noun, the other foods are uncomfortable

8. an uncomfortable noun, the other words are countable

Score

Spelling

3 Listen and write.

- | | | | |
|---|-------------------|----|------------------|
| 1 | <u>healthy</u> | 2 | <u>unhealthy</u> |
| 3 | <u>balanced</u> | 4 | <u>diet</u> |
| 5 | <u>fat</u> | 6 | <u>protein</u> |
| 7 | <u>dairy</u> | 8 | <u>vitamins</u> |
| 9 | <u>vegetables</u> | 10 | <u>sugar</u> |

How did you do?

Total score	Very good	OK	Not very good
<input type="text" value=""/> 24	😊	😐	😞
Grammar	6 - 7	4 - 5	less than 3
Vocabulary	6 - 7	4 - 5	less than 3
			than 6

👏 كلمات لا يشترط تكون نفس يعتمد على الأستاذ وجب التنبيه